USAWC

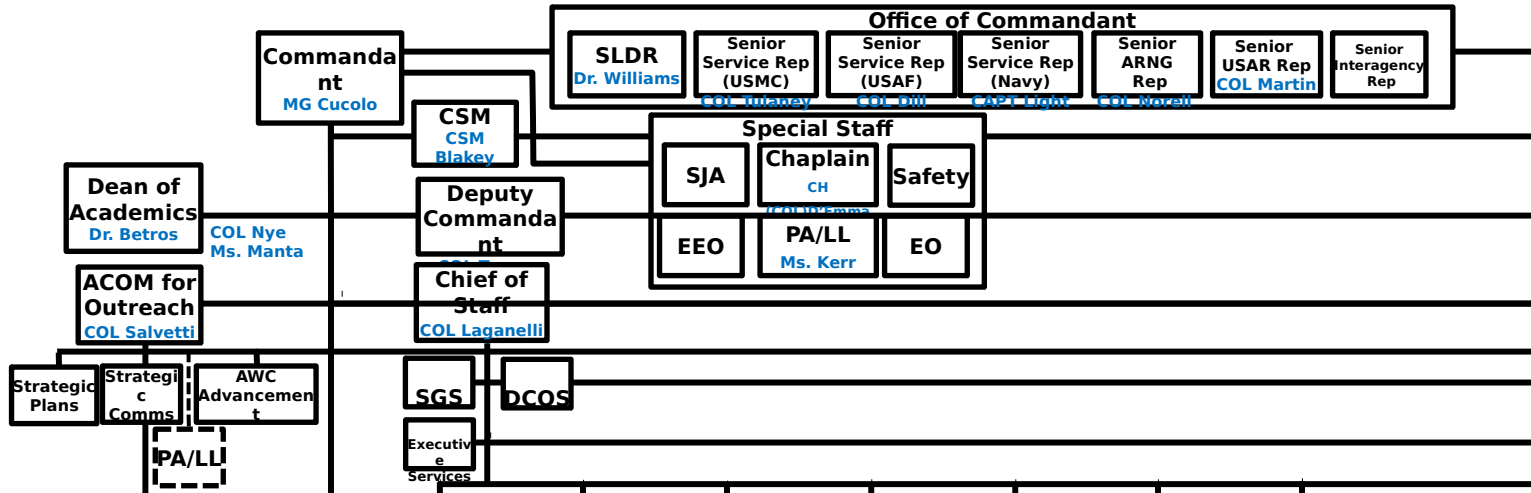
Community Leader Information Forum

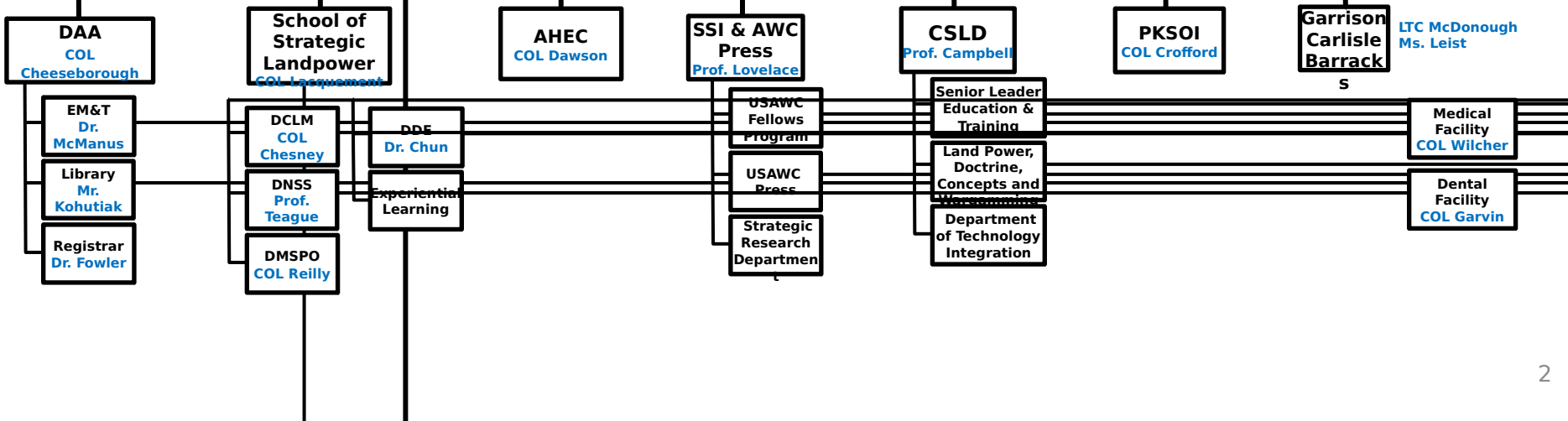
C L I F

September 6, 2012

United States Army War College

Organizational Acronyms	
Acronym	Organization Name
SLDR	Senior Leader Development and Resiliency
DCOM	Deputy Commandant
ACOM	Assistant Commandant
PA/LL	Public Affairs / Legislative Liaison
DCoS	Deputy Chief of Staff
DAA	Directorate of Academic Affairs
SSL	School of Strategic Landpower
AHEC	Army Heritage and Education Center
SSI & AWC Press	Strategic Studies Institute & Army War College Press
AWCF	Army War College Fellows
CSLD	Center for Strategic Leader Development
PKSOI	Peace Keeping and Stability Operations Institute



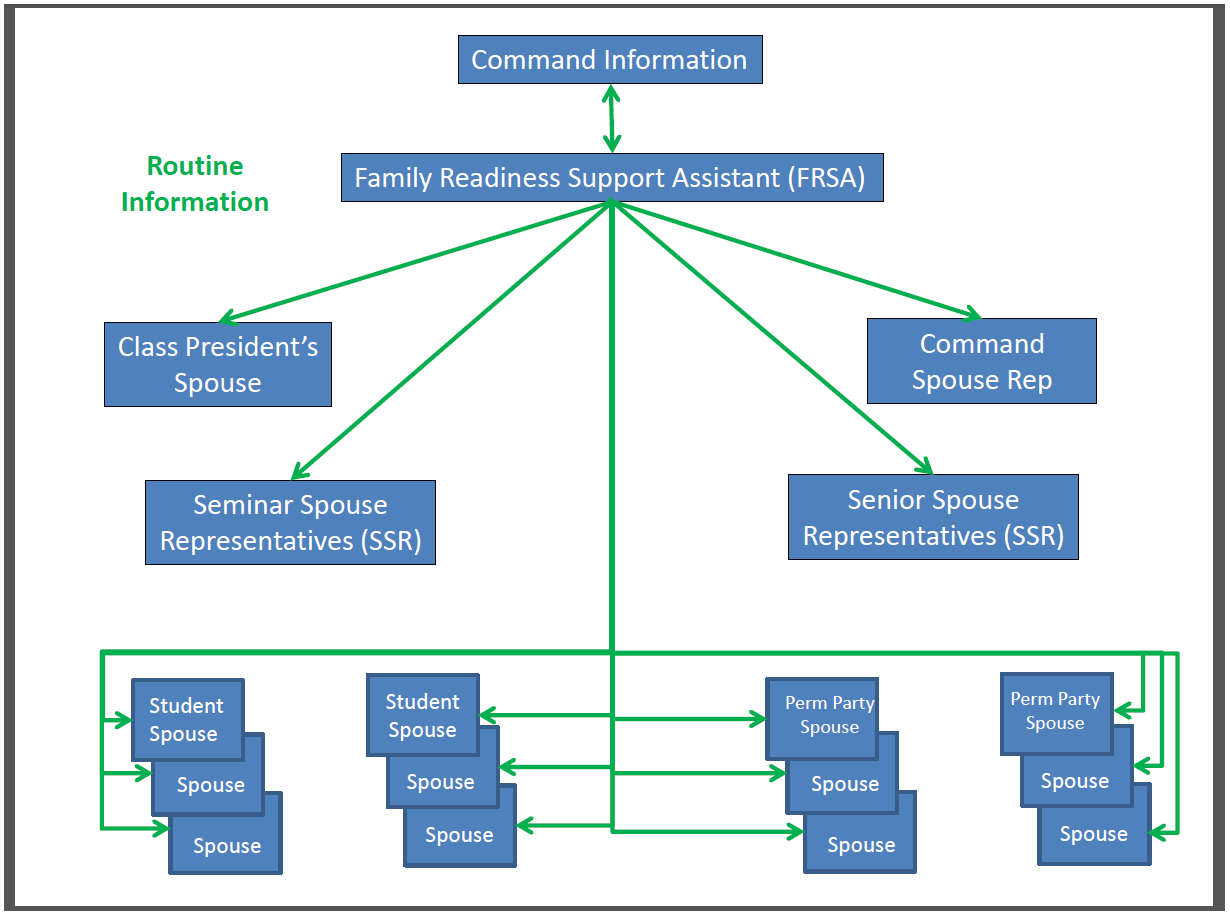


SSR "JOB DESCRIPTION"

- One of twenty-five Army War College spouse representatives who form the Student SSR group
  for the academic year.
- Maintain a current roster of seminar spouses
- Represent your seminar at the monthly CLIF meetings and serve as liaison between your seminar and Carlisle Barracks Leadership.
- Be a conduit of information for your seminar.
- You can be the Seminar Social Chair or the Seminar Spouse Leader, but not necessarily so.

Be your Seminar's Ambassador

SSRs – Command Information Flow (Routine)



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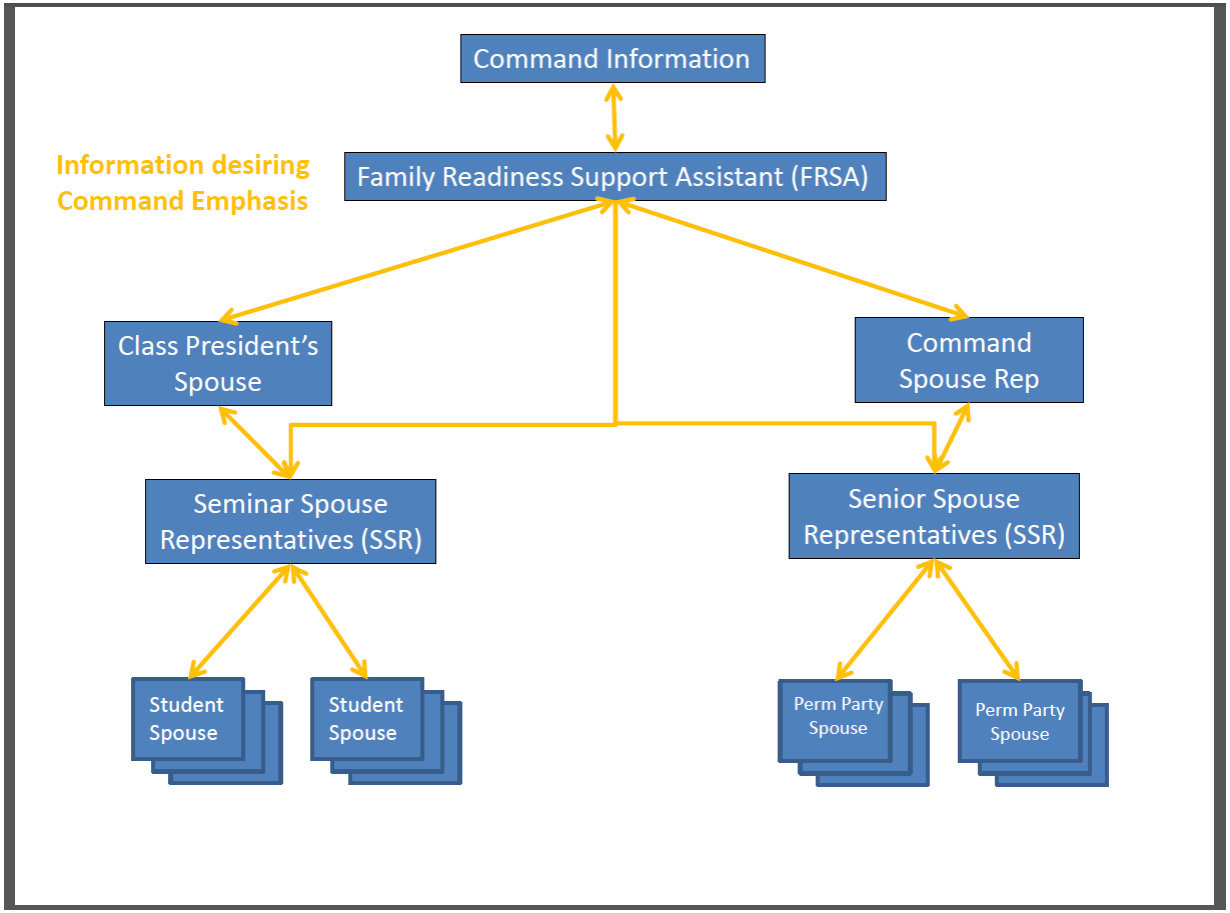
SSRs – Command Information Flow (Command Emphasis)



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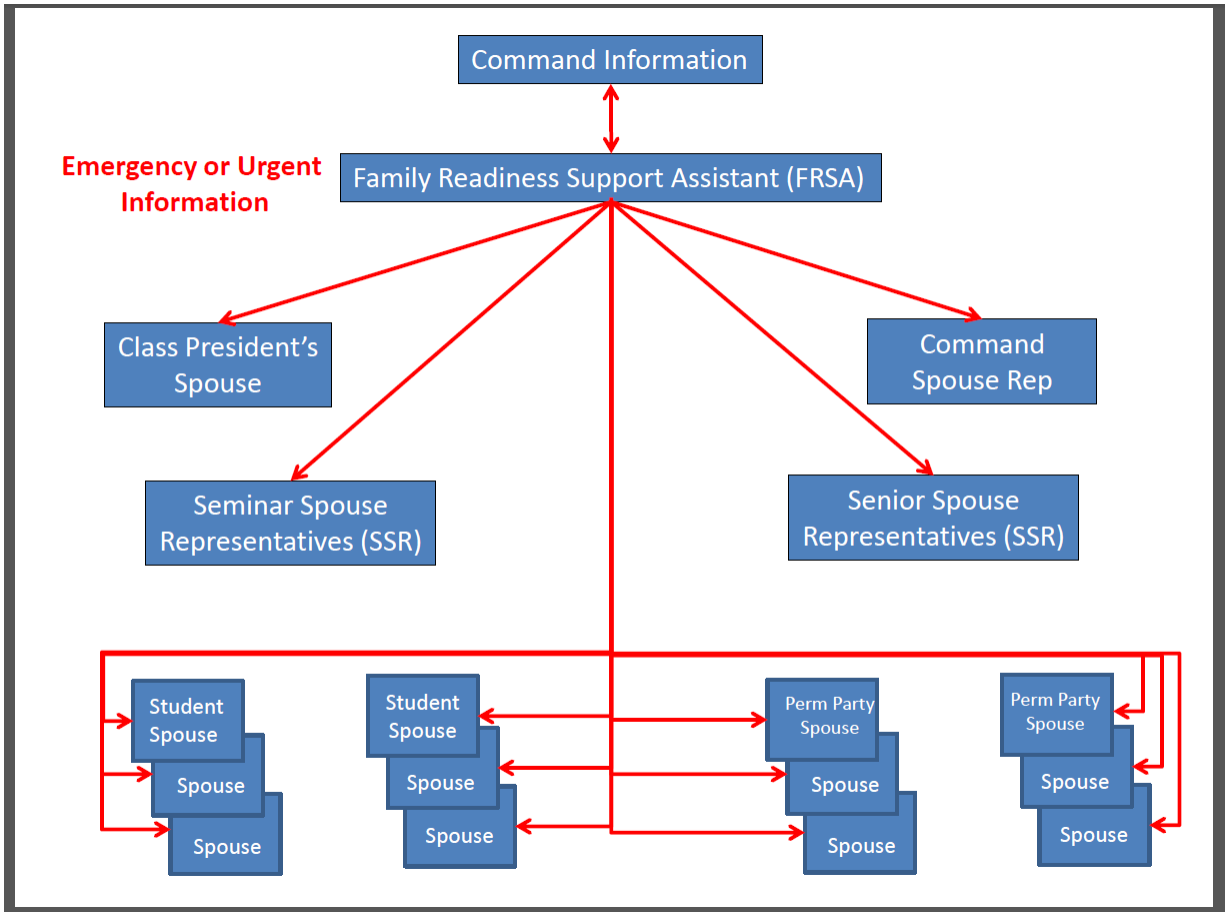
SSRs – Command Information Flow (Emergency or Urgent)



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Senior Leader Development and Resiliency Program

- Leader Development and Resiliency Presentations
  - USAWC Youtube.edu sites (handout)

Senior Leader Development & Resiliency (SLDR) Resources to Share

"The Power of Personalized Lifestyle Changes"
Dean Ornish, M.D.
Focuses on how leaders can implement personal lifestyle changes to meet the demands of senior leadership.
• Founder, Preventive Medicine Research Institute
• Clinical Professor at the University of California
USAWC YouTube Link: http://www.youtube.com/watch?v=HPqtEUhLUP4

"Strategic Eating: Being Proactive, Selective, and Informed"
Leslie Bonci, M.P.H., R.D.
Using nutritional strategies to optimize daily performance and stamina.
• Nutritionist, Health and Fitness Consultant and Speaker
USAWC YouTube Link: http://www.youtube.com/watch?v=HB4Rk4ywLEc

"Senior Leader Development & Resiliency"
Thomas J. Williams, PhD.
Addresses the complex interplay between leadership, resiliency, and fitness in senior leaders.
• Director, Senior Leader Development & Resiliency (SLDR)
USAWC YouTube Link: http://www.youtube.com/watch?v=EESCMjmQpWg

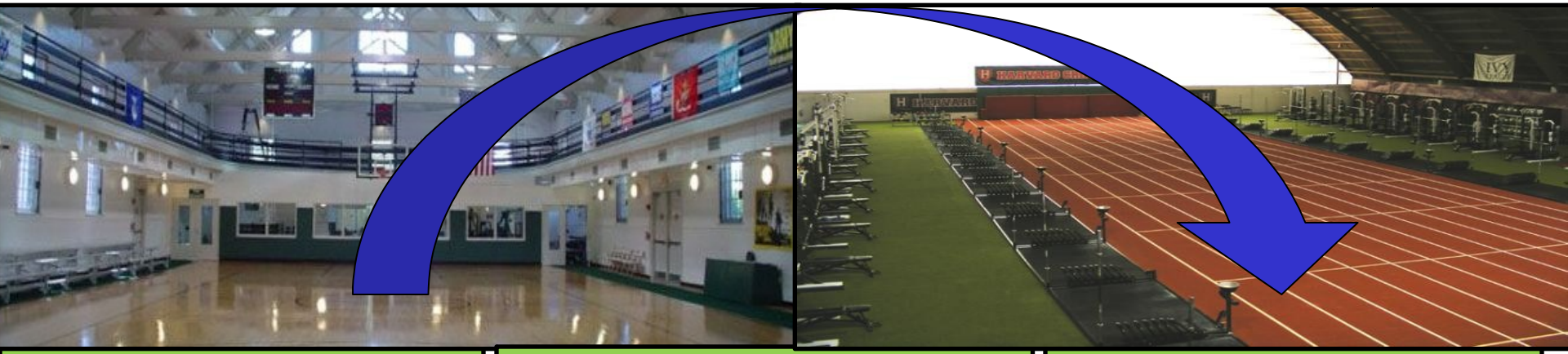
"Post Traumatic Stress Awareness and Education"
Mr. Bob Delaney
Describes the relationship between PTSD, personal resiliency, and organizational effectiveness.
•Motivational Speaker
•Former N.J. State Trooper & NBA Referee
USAWC YouTube Link: (coming soon)

More videos @ USAWC YouTube Channel: http://www.youtube.com/user/usarmywarcollege?feature=results_main

- Suicide Awareness Month
  - Master Resiliency Training (ACS) 20 SEP 12
  - Gatekeeper Training (ASIST) 26 SEP 12
  - Impact of Combat Stress on Learning 20 SEP 12
- Army-wide Suicide Stand Down 27 Sep 12

Thorpe Center for Strength & Conditioning (First Floor)

Transform Thorpe gym floor and transition to a modern facility with history legacy



PRACTICAL

FUNCTIONAL

EDUCATIONAL

IMPACT: Environment conducive to fitness that optimally enhances resiliency,

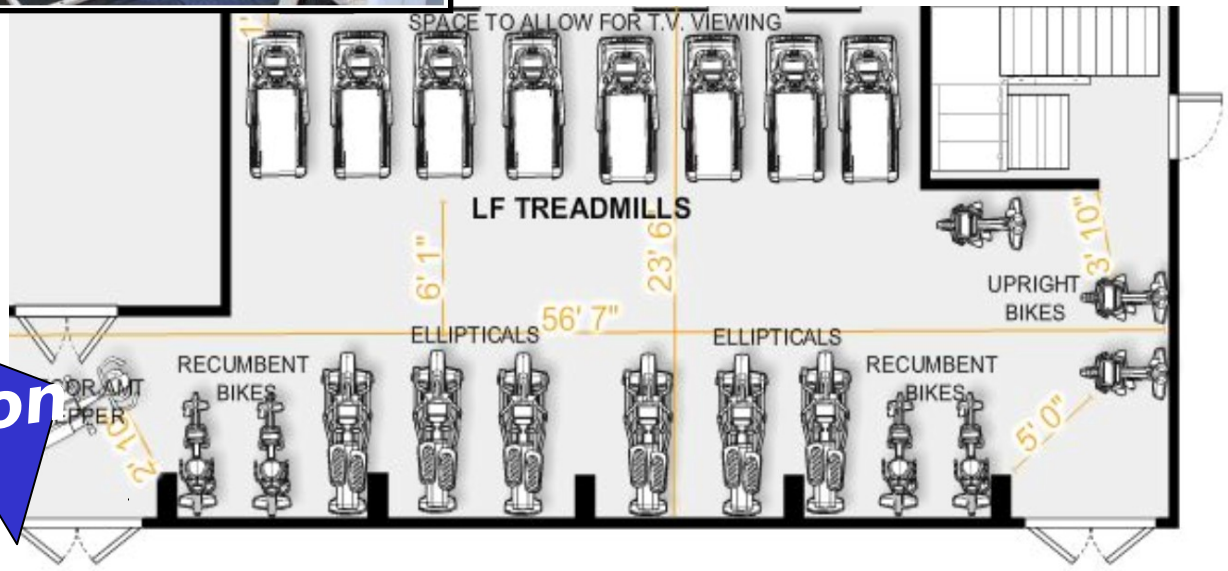
Thorpe 1st floor Cardio Room

Relocate all freeweights to Indian Field Recreation Center, Transition 2nd floor cardio

MWR Equipment

- **Eight (8) Treadmills**
- **Six (6) Ellipticals**
- **Three (3) Upright bikes**
- **Four (4) Recumbent**
- **One (1) Stepper**
- **Four (4) TV's**

Transition



IMPACT: Creates space, effective usage, and a safe exercise environment

Thorpe 2nd Floor Multipurpose Room

Collocate "Combatives" and related conditioning modalities to 2nd floor

Instructor Led Education

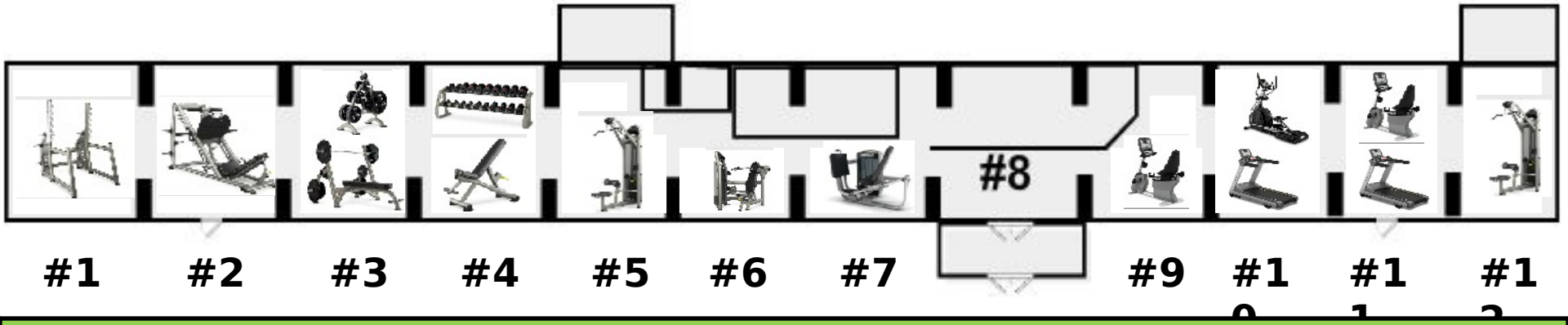
- Combatives
- TRX/Mixed Martial Arts conditioning
- Tae Bo
- Cardio Kickboxing
- Tae Kwon Do

TAE BO FITNESS CHALLENGE

IMPACT: Creates more effective usage and workflow space with a safer exercise

Indian Field Recreation Center Grandstand (Bldg 119)

Traditional fitness with technology enhancement to modernize and educate



IMPACT: Foundational and conventional environment conducive for all populations

2. **Free Weight/plate loaded**
3. **Free Weight/plate loaded**
4. **Dumbbell**
5. **Lifefitness Selectorized**
6. **Lifefitness Selectorized**
8. **Admin**
9. **Cardio (bikes)**
10. **Cardio (elliptical/treadmill)**
11. **Cardio (elliptical/treadmill)**
12. **Nautilus Selectorized & Women-Only Hours**

- selectorized equipment with FitLinxx (20 pieces total)
- Twenty-Two pieces of cardio equipment with FitLinxx
- One strength training kiosk
- One management

Comprehensive Fitness Campus Educational Opportunities

Thorpe Center for Strength and Conditioning

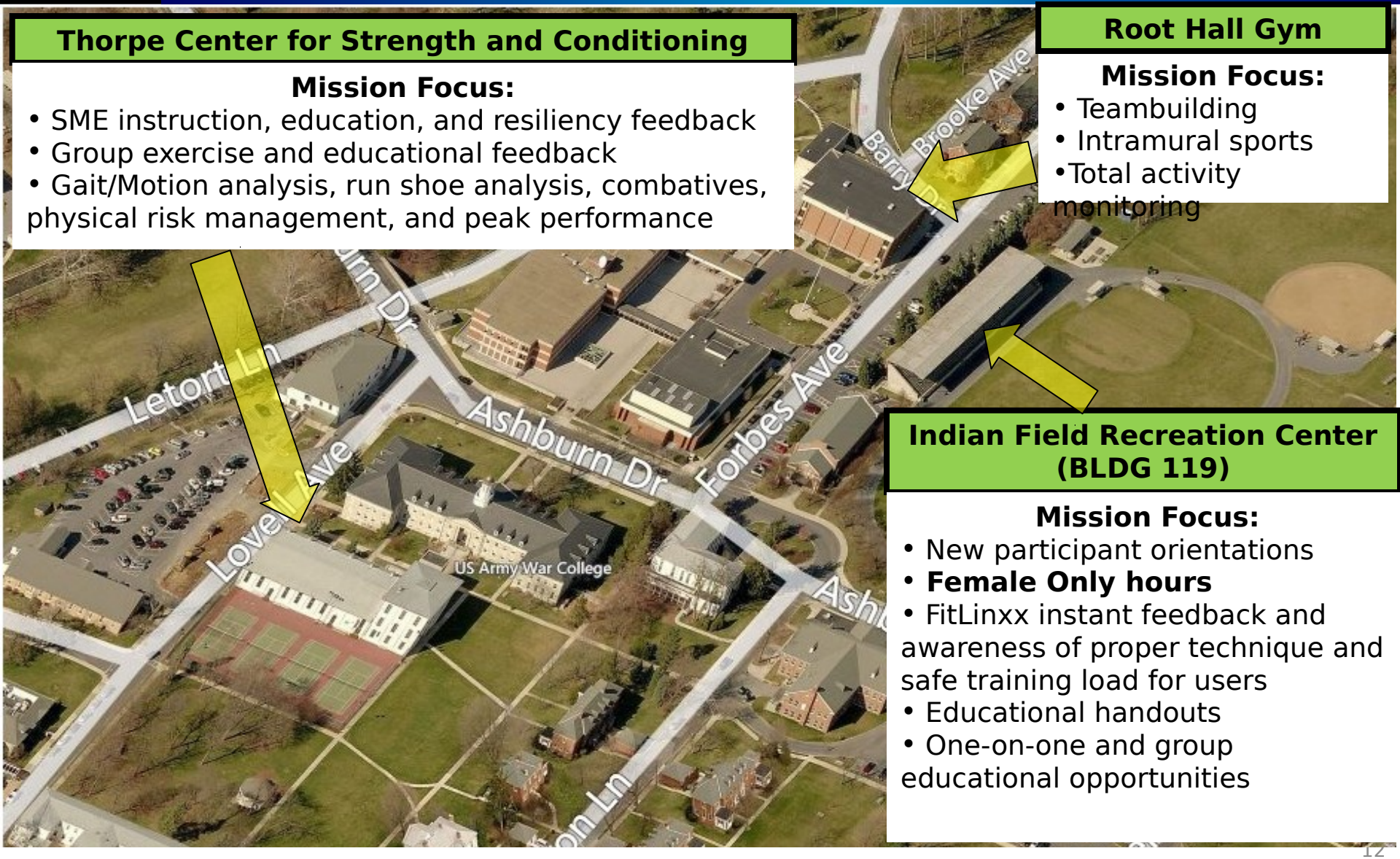
Mission Focus:

- SME instruction, education, and resiliency feedback
- Group exercise and educational feedback
- Gait/Motion analysis, run shoe analysis, combatives, physical risk management, and peak performance

Root Hall Gym

Mission Focus:

- Teambuilding
- Intramural sports
- Total activity monitoring



Indian Field Recreation Center (BLDG 119)

Mission Focus:

- New participant orientations
- **Female Only hours**
- FitLinxx instant feedback and awareness of proper technique and safe training load for users
- Educational handouts
- One-on-one and group educational opportunities

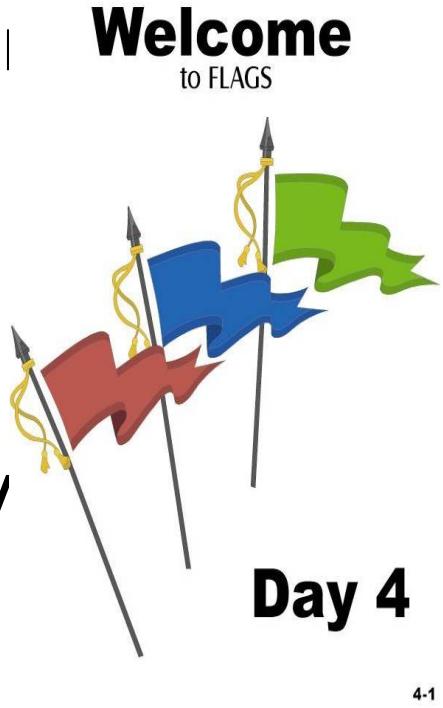
Comprehensive Fitness Campus Integrated Technology Systems

reased Resiliency Through Enhanced Feedback and Educat

Military Family Program

FLAGS

- Facilitator Informational Meeti
  24 SEPT, 1000 to 1130 hrs
  Wil Washcoe AUD (Root Hall)
- Facilitator Training
  9-19 OCT and 29 OCT – 9 NOV
  0900-1500 daily



- Sign up begins in JAN for the FLAGS 1-Week Workshops in JAN and FEB

Air Shipwreck Ball

- “Olympic Games”/ Indian Field
- Four events ran in heats
  - Wheelbarrow Race
  - 3 Legged Race
  - Nerf Ball Shot Put
  - Bat Twist Relay
- Tug of War to decide the Champion
- Opening Ceremony at 1630
- Awards Ceremony at 1745

Air Shipwreck Ball

- LVCC
- Casual Dinner
- Heavy Hors d'oeuvres
  - International Menu to match the "Olympics" theme
  - 1800 hrs to 2300 hrs
  - Cash Bar
  - $45 with keg beer / $35 food only
  - Bus Shuttle Service provided
  - Child Care
- Table Decoration Competition

Small World

- International Fellows (IFs) hosted event
  - 71 IFs, 67 tables
  - National Displays, Attire, Food, Information…
- Over 500 attendees last year
- Date – 11 October
- Location – National Guard Armory
  - 504 Cavalry Rd
  - Planning courtesy shuttle from Carlisle Barracks
- Time – 1800 - 2100

It’s Not Very Far

Typical Display

Here is Who We Have

- Africa (13)

  Algeria, Benin, Botswana, Burkina Faso, Egypt, Ethiopia, Ghana, Kenya

  Morocco, Nigeria, Senegal, Uganda, Zambia

- Americas (6)

  Brazil, El Salvador, Canada, Chile, Colombia, Mexico

- Asia (10)

  Afghanistan, Bangladesh, India, Indonesia, Kyrgyzstan, Nepal, Malaysia, Pakistan, Thailand, Vietnam

- Far East & Pacific (6)

  Australia, Japan, Korea, New Zealand, Philippines, Taiwan

- Middle East (7)

  Iraq, Jordan, Kuwait, Lebanon, Oman, Saudi Arabia, United Arab Emirates

- Eastern Europe (13)

QUESTIONS?